



AFTER-SCHOOL TEEN PROGRAMS

at the Attleboro YMCA's Downtown Branch

March 2017

Monday

HOMEWORK HELP

w/ Brian
Lobby
4pm-5pm

SERVE-US

w/ Brian
Tappan Gym
5pm-6pm

Yoga

w/ Jess
Raquetball Court
5pm-6pm

ZUMBA

w/ Chelsee
Tappan Gym
6:15pm-7:10pm

*Fuller Gym is usually open everyday minus the times of Relics League and 18+ League on Mondays and Wednesdays

Tuesday

OPEN GYM BASKETBALL

w/ Nate
Tappan Gym
4pm-5pm

TEEN WORKOUT

w/ Nate
Reilly Fitness Center
5pm-6pm

CREATIVE CLUB

w/ Jackson
Lobby
5pm-6pm

LEADERS CLUB

w/ Nate
Fishbowl Room
6pm-7:15pm

*If the weather is nice out, we will try to bring some of these either to the outdoor basketball court or across the street to the River Park.

Wednesday

TEEN DODGEBALL

w/ Nate
Augat Gym
4pm-5pm

JUNKYARD BAND

w/ Nate
Lobby
5pm-6pm

GIRLS KICKBOXING

w/ Jennie
Kickboxing Studio
5:00pm-5:55pm

Thursday

TEEN HOCKEY

w/ Nate
Augat Gym
4pm-5pm

TEEN WORKOUT

w/ Nate
Reilly Fitness Center
5pm-6pm

YOGA (AGES 10-13)

w/ Jess
Kickboxing Studio
5:15pm-6pm

ZUMBA

w/ Chelsee
Tappan Gym
6:15pm-7:15pm

Friday

HOMEWORK HELP

w/ Brian
Augat Gym
4pm-5pm

TRIVIA

w/ Brian
Tappan Gym
5pm-6pm

TEEN SELF DEFENSE

w/ Ron
Kickboxing Studio
5pm-5:50pm

ATTLEBORO YMCA TEEN PROGRAMS—For ages 12-18

These programs are free for our teen members. Teens must have a Y Code of Conduct sheet signed before participating in a program. When coming into one of these programs, teens will sign in/out with the staff running the program. Please make sure to follow the rules and core values of the Attleboro YMCA. We look forward to seeing you all here!

CONTACT: Nate Packert, Youth & Teen Director, npackert@attleboroymca.org, (508) 409-0778